

Ice arena offers skating for kids on winter break

With many local school districts out for winter break Feb. 15-19, the Farmington Hills Ice Arena has the following skating opportunities:

- Open skating, 11:30 a.m. to 1:20 p.m. Monday through Friday and 7-8:50 p.m. Tuesday and Friday.
- Adult-only skate 9-10:50 a.m. and 8:30-10:30 p.m.
- Parent and tot skate 9-10:50

a.m. Monday and Wednesday, and:
 ■ Stick handling (open skate with stick and puck) full equipment required 11 a.m. to 12:50 p.m. Tuesday and Friday for all ages and 1-2:50 p.m. for 18 and under.
 For information, call the Farmington Hills Ice Arena at 478-8800.

YMCA HIGHLIGHTS

CAMP SLEEPOVER
 All 1998 Summer Day Camp participants are invited to attend a sleepover 7 p.m. to 7 a.m. Saturday, Feb. 13, at the Farmington YMCA. Campers and staff will have activities in the gym, pool and youth center.

SHAPEDOWN
 The YMCA in collaboration with the Children's Hospital of Michigan will offer a weight management program designed especially for teens 12-18. Learn about nutrition, exercise, physical fitness and improved family communication, and shapedowns to a better body image and improved self-esteem. The class will be held 6-8 p.m. every Wednesday. Call the DMC referral service at (313) 745-5000 for registration and more information.

FEEL GOOD AT 50
 "Looking into the Crystal Ball" is

a seminar for women who want to look good and feel good well into their 50s. A family practitioner from Providence Hospital will look into her medical crystal ball and share her view of the science available today for healthy transition from birthing through menopause into the freedom of mature later years. This seminar is scheduled noon to 3 p.m. Sunday, Feb. 28, at the Farmington YMCA.

PERSONAL FITNESS
 YMCA Personal Fitness Program began Jan. 4. It's a three-month, one-on-one program designed to teach and support good health and wellness. You will have your own coach to help lifestyle changes that will have far-reaching effects on your long-term quality of life as well as your physical health. The cost for this program is \$230. Call 653-4020.



Not a goose: At first, reports went out about a goose on the loose. But police later discovered the bird on the loose was indeed a swan.

Swan from page A1

■ They can break an arm or a leg with one swat of the wings. He tried to beat me up.

Michelle Charlton
 Wildlife rehabilitator

The 35-pound swan overwhelmed animal control officers.

"It was extremely big," said Deputy Laura Brooks, who responded to the call. "When he stretched out, he could look me straight in the eye."

Swans, though a symbol of romantic serenity, can be dangerous in real life. This bird was more dazed and confused, Brooks said.

"If the beak doesn't get you, the wings or the feet will," Brooks said.

Another animal control officer found out firsthand.

"When I was helping her get him out of the truck, he was beating me with his wings and darn near knocked the breath out of me," Lt. Ron Lenka said.

On Friday, the swan was sitting in the basement of a Red-

ford woman's home. The male found himself joined with a female swan that had been hit by a car on Orchard Lake and Commerce Road.

With a mating season approaching, the male thought he found a mate and started to show affection. Love didn't take flight just yet, though.

The woman who helps rehab animals for the Huron Valley Bird Rescue had to separate the pair because the male wouldn't let her near the female to care for it.

"They can break an arm or a leg with one swat of the wings," said Michelle Charlton, who cares for wounded birds and other animals. "He tried to beat me up."

However, they will be adopted out as a couple, Charlton said.

DNR: Swans may not be released to wild

The Department of Natural Resources doesn't allow swans to be released back into the wild.

"They take up too much water space and they're a very dominating bird," Huron Valley Bird Rescue member Michelle Charlton said.

So swans like the one found on I-696 are adopted by bird lovers with DNR licenses who keep them in large aerated ponds. However, their wings

have to be clipped, which costs around \$200. The Huron Valley Bird Rescue accepts donations for this to be done so swans can be adopted.

The bird rescue organization also accepts donations of hatching pads, bleach, baby food of

chicken meat, unflavored Pedialyte, old quilts, blankets and towels.

Checks or donations may be sent to Huron Valley Bird Rescue, 4800 Water Works Road, Saline 48176.

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NIGHT PAINS
 Going to bed isn't always as safe as you think. A number of arthritic conditions occur at night: muscle cramps, gout, and tendinitis.

In contrast, if you have a joint problem, the relief that bed rest offers, is effective therapy. What leg cramps, gout and tendinitis have in common is their response to heat. All of these problems improve with movement. What happens when you ambulate is that you bring a blood supply to the limbs, and with the blood supply comes heat. That is why muscles ache hours after heavy exercise rather than at the time of the strain. Gout is particularly responsive to heat because it is the crystals of gout that cause pain. In turn, gout crystals follow the chemical laws of all other crystals. That is, they dissolve better in a warmer solution.

In contrast, arthritis, which involves an impaired joint improves with bed rest. Then pressure and torque on the joint, be it the hand, shoulder, knee or ankle, is markedly decreased as compared with the upright position.

If you want to minimize annoying foot and ankle pains that awaken you from sleep, apply warmth to the site. For the foot and ankle a swat sock will work. If you have leg cramps then you may need a blazot.

If your efforts can't control the problem, then it is time to bring it to the attention of your doctor.

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